

## KENWOOD PARK TENNIS DRILLS

Improve all of your tennis skills and learn to play like the pros! The drills are designed to help you improve your technique for the following shots that you would encounter in competitive tennis: forehands, backhands, volleys, half-volleys, overheads, and serves. Emphasis is placed on proper technique including back-swing, footwork, racket face control, and follow through, plus improving your court positioning. We also focus on avoiding injuries and building stamina. "Tennis is a very fun way to exercise," so bring your racket and improve your health and fitness while having a great time! All drills include games and competition to put your new strokes to the test. Drills are led by Mike Wilson, a P.T.R. Certified Instructor and an A.C.E. Certified Personal Trainer.

### SATURDAYS P.M.

Day: Saturdays  
 Date: Session I: January 3 - 31 **Course Code: 15047**  
 Session II: February 7 - 28 **Course Code: 15048**  
 Session III: March 7 - 28 **Course Code: 15049**  
 Time: 5:00 p.m. - 6:15 p.m.  
 Fee: Session I: \$50 per resident \$75 per non-resident  
 Sessions II & III: \$40 per resident \$60 per non-resident  
 Age: 15 & older  
 Location: Kenwood Tennis Courts



## YOUTH VOLLEYBALL LEAGUE

This league provides every girl in grades 5 - 8 a chance to play the game of volleyball in a fun and supportive environment (all skill levels welcome). Primary focus includes both instruction and game-play. Early registration is encouraged to secure your place in a league. **Details subject to change. Specific Volleyball Registration Form is required (at our office or our Web site under "Current Brochure").**

Register: February 16 - 27  
 Season: March - May  
 Fee: \$40 per resident \$60 per non-resident  
 Grades 5 & 6: Silver Division (Tuesdays) **Course Code: 15050**  
 Grades 7 & 8: Gold Division (Thursdays) **Course Code: 15051**  
 Location: East Fayette Gym

## HIGH SCHOOL AGE VOLLEYBALL LEAGUE

This league provides every girl in grades 9 - 12 a chance to play the game of volleyball in a fun and supportive environment (all skill levels welcome). Similar to adult leagues, the primary focus is on game-play, but we also include some skill instruction. Early registration is encouraged to secure your place in the league. **Details subject to change. Specific Volleyball Registration Form is required (at our office or our Web site under "Current Brochure").**



Register: February 16 - 27  
 Season: March - May **Course Code: 15052**  
 Day: Mondays  
 Fee: \$40 per resident \$60 per non-resident  
 Grades: 9 - 12  
 Location: East Fayette Gym

## MEN'S (18 & OLDER) SOFTBALL LEAGUE

We are offering a Monday night men's softball league. Also, every team must be available to play on Tuesday nights for makeup games. Each team will play twelve games, all at McCurry Park. Rules printed in the ASA 2015 edition of the "Official Rules for Softball" will be the governing rules unless superseded by our "league/park" bylaws/rules.

Registration dates: March 16 - April 3 **Course Code: 15053**  
 Season begins: April 13  
 Fee: \$500 per team with the following exception:  
**If 50% or more of your players are not Fayette County residents, the registration fee is \$550.**